Frequently Asked Questions

Q: *How long did it take you to lose 75 pounds and what are the expectations for an average book reader?*

A: It took 2 years for me, but the bulk of weight loss (50 pounds) took place within 9 months after I started intermittent fasting. With the benefit of my experience, I would say a reader can cut my time in half. Average pace of 1-2 pounds a week is to be expected, except for a first month when initial weight loss is typically larger.

Q: *How often and for how long do you fast?*

A: Twice a week, one day at a time, and it's not even a full fast. You consume 500-600 hundred calories, limiting your meals to protein and leafy greens.

Q: *Isn't fasting too radical?*

A: Not at all. It's a part of an age-long tradition across cultures, countries, customs, and religions. It's our modern fascination with constant eating that is a radical and an unhealthy departure from the way we were intended to eat.

Q: *Is hunger a problem aspect of a weight loss drive when following your method?*

A: Amazingly, no. You quickly learn that it's easy to deal with when you follow the procedure, and then it simply disappears. As a reward for a minor and brief inconvenience, your taste sensations amplify greatly, so you enjoy your food more.

Q: *If fasting is the most effective weight loss strategy, why does your method also include replacement of sugary and starchy food and drink?*

A: Two reasons. One is, an excess of sugar promotes hunger, making fasting unnecessarily difficult. Another, it's simply not a good food for us – it has no nutritional value and contributes to a lot of health complications, including but not limited to, cardiovascular conditions, inflammation, obesity, diabetes, tooth decay, fatty liver disease, cancer… should I continue? Added sugar is basically a slow-acting poison.

Q: *What about fermented foods? What role do they play in your method?*

A: Again, two factors. One being, they are extremely beneficial to our gut flora. Being a strong probiotic, they restore the microbiome balance that we destroyed with sterile and unnatural industrial food. My entire approach aims to restore the body's hormonal balance, and the probiotic effect is a large part of that. Another: they are simply delicious.

Q: *A problem of many diets is weight regain. Does this approach lead to a sustained weight loss? Why?*

A: Fad diets create imbalance; they limit whole food groups or, in the case of mono diets, focus on a single food. That is unsustainable, and when you inevitably end the diet, the body quickly replenishes lost pounds. This yo-yo effect is well known to dieters. My approach, on the opposite, restores the balance and returns the body to its natural state. It changes the so-called "taste profile" – meaning, you no longer relish sugary stuff but instead enjoy healthy real foods. It's an enjoyable way of life, and it's easy to sustain what you enjoy.

Q: *Are there medical contraindications to this approach?*

A: Certainly, as with any other method. Let's be smart about this: pregnancy, breastfeeding, hypoglycemia, type 1 diabetes, and other serious medical conditions require consultations with your health practitioner.